

Ongoing Weekly Programs – October 2019

Monday 8:30 am-6:00 pm	Tuesday 8:30 am-4:00 pm	Wednesday 8:30 am-4:00 pm	Thursday 8:30 am-4:00 pm	Friday 8:30 am-1:30 pm
9:00 am-5:45 pm Billiards/Horseshoes	9:00 am-3:45 pm Billiards/Horseshoes	9:00 am-1:30 pm Billiards	9:00 am-3:45 pm Billiards/Horseshoes	9:00 am-10:00 am Yoga (\$)
9:00 am-9:45 am Zumba Gold (\$)	9:15 am-11:30 am Bridge	9:00 am-3:45 pm Horseshoes	9:30 am-11:45 am Sew & So Crafters	9:00 am-12:30 pm Wii Bowling
9:00 am-1:00 pm Ellington Chess Mates	9:30 am – 10:30 am Garden Thyme	9:30 am-11:30 am Cut-Ups Carving Club	10:00 am-10:45 am Chair Exercise (\$)	9:00 am-1:15 pm Billiards/Horseshoes
10:00 am-12:00 pm Canasta	10:00 am-10:45 am Chair Exercise (\$)	10:00 am-11:30 am Ellington Singers (\$,*)	11:00 am-11:45 am Simple Circuit Fitness (\$)	9:30 am – 10:30 am Garden Thyme
10:00 am-10:45 am Chair Exercise (\$)	11:00 am-11:45 am Simple Circuit Fitness (\$)	1:00 pm-2:00 pm Ladder Ball & Cornhole	1:00 pm-2:45 pm Polka/Ballroom/Fun Dance	10:30 am-11:15 am Chair Yoga (\$)
11:00 am-12:30 pm Adv. Line Dancing (\$*)	12:00 pm-1:30 pm Hand Massages (*)	2:00 pm-3:30 pm Shuffleboard	5:30 pm-6:30 pm CrosSculpting (\$)	5:00 pm-8:00 pm Billiards
1:00 pm-3:00 pm Needle Crafts	1:00 pm-3:30 pm Dominoes		We offer rides to Big Y and Stop & Shop on Fridays. Contact Transportation for more info: 860-870-3137. *Limited space. See inside for details. \$ Fee – see Classes page for details Schedule is subject to change.	
1:15 pm-3:30 pm Board Games	5:00 pm-8:00 pm Setback			
2:00 pm-2:45 pm Tai Chi for Arthritis (\$)	5:30 pm-6:30 pm CrosSculpting (\$)			
3:00 pm-3:30 pm Meditation				
3:30 pm-4:45 pm Easy Line Dancing				

OUR VOLUNTEER PROGRAM LEADERS

Thanks to our “Volunteer Program Leaders” (VPLs), we are able to offer many programs at little or no cost. If you have any questions on a specific program, please feel free to stop in during the scheduled program time to speak with them, or visit our website: <http://seniorcenter.elington-ct.gov>

Ballroom Dancing/Easy Line Dancing: Amelia Kurpat
 Board Games: Janet Sosnicki, Toni Finkle
 Bridge: Raffat Zulfiquar, Rich Gillogly
 Canasta: Kathi Peterson
 Cornhole/Ladderball: Toni Finkle, Janet Sosnicki
 Creative Writing & More: Pat Stoughton
 Ellington Chess Mates: Alex Cardoni
 Cut Ups Carving Club: Randy Russo, Ed Ertel
 Dominoes: June Lyons

Ellington Singers: Mary Regan, Maureen Webber
 Garden Thyme: Janice Chaplin, Leslie Sutor
 Hand Massages: Kay Luginbuhl
 Needle Crafts: Carolyn Feldman
 Setback: Dave Lehmann, Claudia Pirtel
 Shuffleboard: Shirley Pinard
 Sew & So Crafters: Judy Varney
 Walking Warriors: Joe Ouellette, Carol Adams
 Wii Bowling: Dennis Varney, Larry Peterson

Ellington Senior Center Special Events OCTOBER 2019

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2 9am-3pm Podiatry Clinic (\$,**) 1pm Fire Prevention Program**	3 1pm Card Making 2:45pm Monthly Music	4
7 Hike: Soapstone** 3:30 pm Easy Line Dancing Class Begins	8 12:30pm – 2:00 pm Ask the Nurse Trip: Scenic VT (\$**)	9 1pm Listening Lab	10 1pm Energy Efficiency Program** 1pm Ballroom/Polka/Line Dancing Begins	11
14 COLUMBUS DAY CLOSED	15	16 1pm History for Fun: Edgar Allen Poe **	17 9am-1pm AARP Driver (\$,**) 1pm Creative Writing & More 1pm Volunteers Meeting	18 Sun. 10/20 TRIP: Barry Manilow(\$**)
21 Hike: Risley** 2pm Tai Chi Begins	22 1pm TED Talk	23 1pm-3pm Flu Clinic(\$**)	24 10am Craft Fair Volunteers Meeting	25
28	29 1pm Ready... Steady... Balance**	30 10am-1pm Human Services @ SC 1pm TED Talk 1pm Memory & Movement	31	** Please sign up in advance for these programs.